

Connect4Health Is Safe and Secure

Connect4Health users are guaranteed secure access with confidentiality protections including:

- A toll-free number and a proprietary, internal Internet service provider
- Privacy-protected participation using a pseudonym or "pen name" as a screen name
- No content or "cookies" stored on the participant's computer hard drive
- Only counselor is seen on screen, not participants
- Secure data transmission during "live" sessions
- The complete Privacy and Security Policy provided on request
- eGetgoing's online program is accredited by both the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and the Commission on Accreditation of Rehabilitation Facilities (CARF)

Computer Requirements

All users of Connect4Health should have the following:

- A computer with a modem or connection to the Internet
- Access to a secure physical space in which to participate in the program without being overheard
- Windows 98SE/ME/2000/XP Operating system

Set up is quite easy and typically takes five to ten minutes to complete. A kit, including set up and content CDs, headset and microphone is shipped to a participant's home. With the help of an eGetgoing IT specialist, the participant installs the software to see and hear properly and to log in and out without difficulty.

Connect4Health Works!

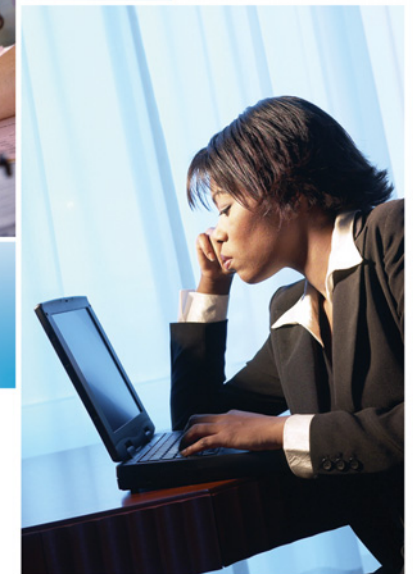
After nine months, 90% of users of eGetgoing's services reported their quality of life as "much improved."

For More Information

For more information about this service and its appropriateness for you, please contact your EAP at 1-800-222-0364 and tell the representative you would like to discuss Connect4Health.

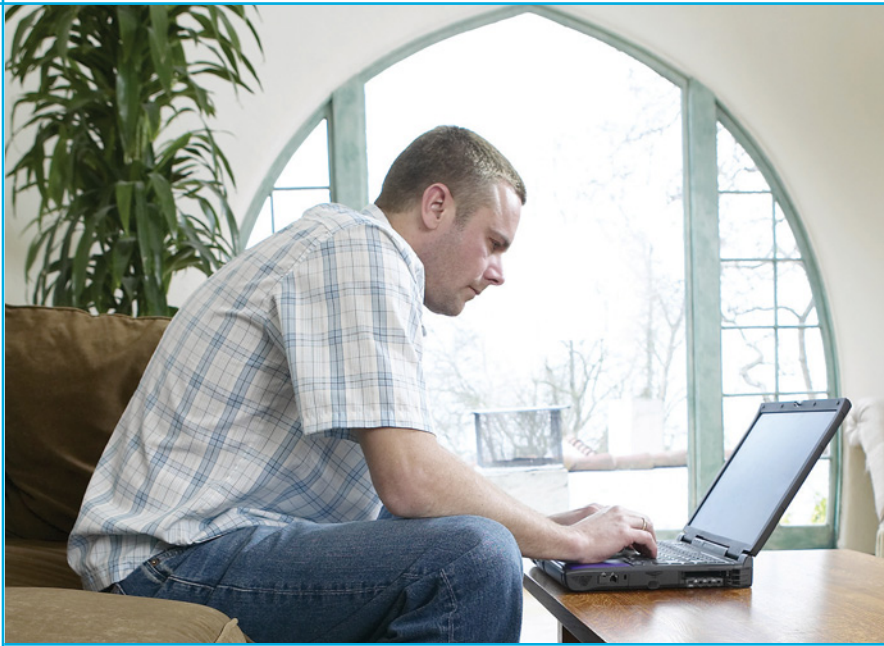
Connect⁴Health

An Innovative
Intervention
for Substance
Use and
Misuse Issues



FOH Federal Occupational Health
a component of the U.S. Public Health Service
Department of Health and Human Services





Sometimes, people find themselves wondering whether their use of alcohol and/or drugs is an issue of misuse or abuse but don't know where to turn. Federal Occupational Health (FOH) can help. Now, there is a new and innovative resource that offers another option for employees with alcohol and drug related concerns. This new resource, **Connect4Health** is a technologically sophisticated program that offers web-based education (up to six sessions), online support, early intervention, and relapse prevention. **Connect4Health** is offered in addition to customary Employee Assistance Program (EAP) sessions, and is available to all Federal employees and family members covered by the FOH EAP.

Connect4Health is a program that was designed and is managed especially for FOH by eGetgoing, a fully accredited online substance use intervention program. All sessions are conducted online and are facilitated by licensed professional counselors. **Connect4Health** is not a substance abuse treatment program.

Features of Connect4Health

- Live, licensed professional counselor-facilitated group discussions on alcohol and drug use with a focus on education, prevention, and early intervention
- Discussions in a secure online environment with real-time audio and video
- An interactive on-line alternative that supplements and strengthens traditional EAP offerings in cases of substance misuse
- A confidential, convenient, anonymous, and effective way for individuals to participate in a structured support program for substance misuse

Who Can Benefit from Connect4Health? **

- Adults with substance misuse or abuse vulnerabilities
- Adults who will benefit from educational and prevention support offered in a facilitated online setting
- Adults in sustained recovery and who now would benefit from relapse prevention support
- Adults who live in rural or remote U.S. locations without proximity to face-to-face services
- Adults who are posted overseas without access to appropriate services
- Adults who desire the convenience and confidentiality of online services

** NOTE: **Connect4Health** services are not appropriate for those who have been recommended for inpatient, detoxification, residential treatment, or intensive outpatient programs or for those referred to treatment by governmental authorities due to positive drug tests, driving under the influence, or agency regulated policy requirements.